



Judy Fong



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SPORT
TRUMPH
AERO
BIC

Judy Fong





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TRIUMPH

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AERO
BIC

FOR
ST. MUSC.
Hold the dum.
in straight





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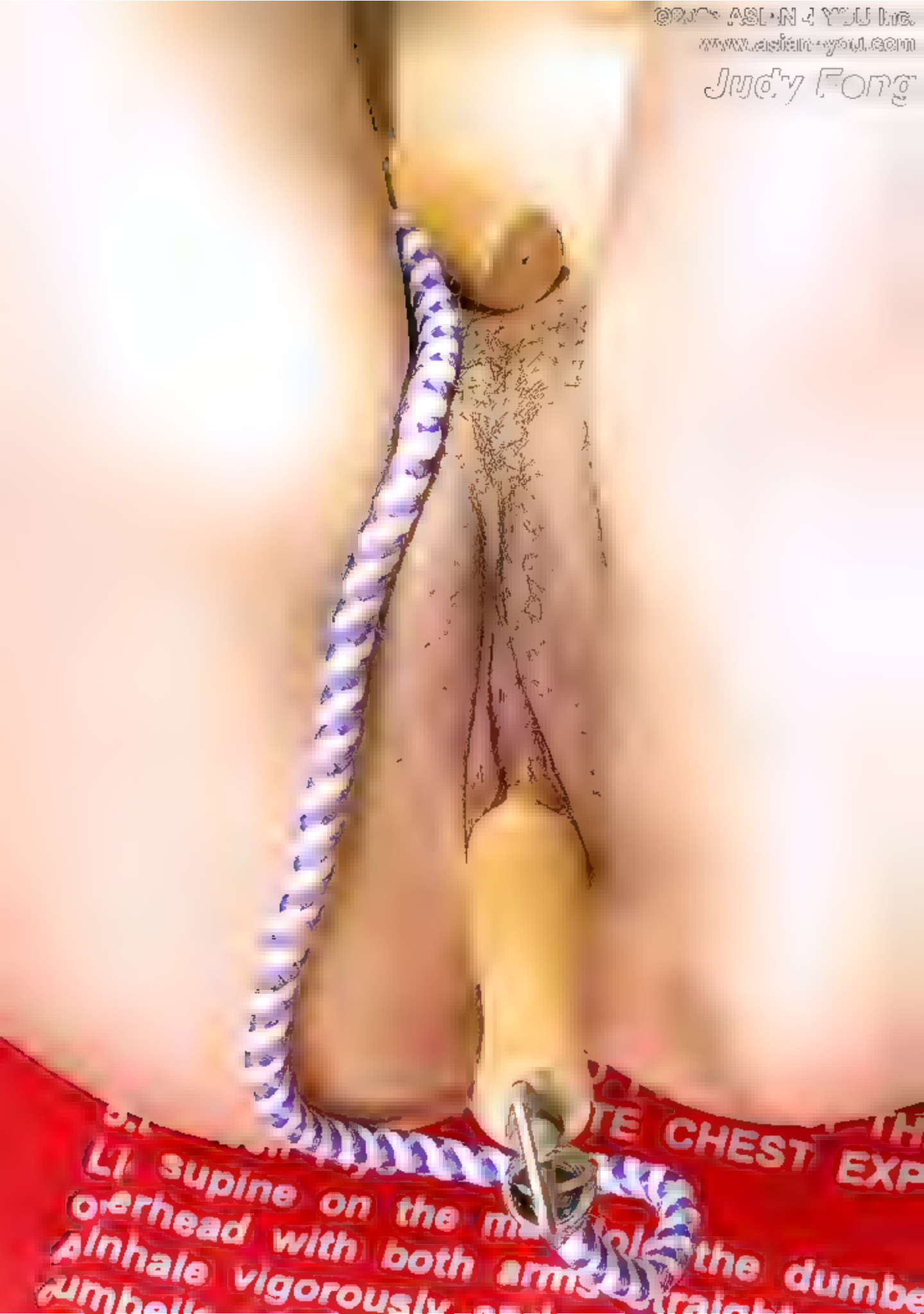
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Hold the dumbbell straight
up. Lower the
dumbbell to the
floor. Inhale
vigorously and
exhale. Repeat
10 to 15
repetitions.
4 to 6 sets.
TONES AND
CONTOURS THE
MUSCLES





Li supine on the mat, hold the dumbbells overhead with both arms straight. Inhale vigorously and

TE CHEST TH EXP











